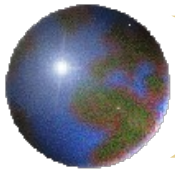


FIRST AID AND HEALTH

- What is the purpose of first aid?
- Emergency care for the sick or injured.

- Main objectives of first aid are:
- Safe life, prevent further injury, and limit infection

FIRST AID

- Three primary task in administrating first aid are:
- Maintain breathing
- Stop bleeding/maintain circulation
- Prevent or treat for shock

FIRST AID

- Shock, if the victim is in shock, place them on their back.

- Never give artificial ventilation to any person who is still breathing

FIRST AID

- Artificial Ventilation
- Mouth to mouth- how many ventilations per minute?
- 12-15 or one breath every 5 seconds
- Mouth to nose – how many?
- 12-15 or one breath every 5 seconds

FIRST AID

- Back pressure/arm lift
- Use when all others are not possible.
- Press, release, lift and release happens every 10 to 12 minutes.

CPR

- One rescuer technique
- Stay off the victims chest
- Depress the sternum how far?
- 1 ½ to 2 inches
- How many compressions per minute?
- 60-80

CPR

- Compression-ventilation rate is how many for four complete cycles?
- 15 to 2
- Until when?
- Relieved by medical personnel

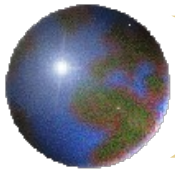
CPR

- Two rescuer technique
- How many compressions?
- 5 to 1

- Methods to control bleeding are:
- Pressure applied directly to the wound

BLEEDING

- Pressure point areas are:
- Nearest the wound
- Between the wound and the main part of the body, or between the wound and the heart.



SHOCK

- Symptoms are:
- Pulse is weak and rapid, shallow breathing, sweating is noticeable, very pale, and pupils dilated.
- Prevention: Keep the injured person warm but not overheated.
- Never give alcohol to someone in shock.

Suicide

- Causes:
- Breakup of relationship, death of a loved one, loss of social status
- What is the percentage of Navy personnel?
- 10%
- Number one cause of suicide:
- Depression

BURNS

- **First Degree:**
- **Mildest, slight pain, redness, tenderness**
- **Second Degree:**
- **Inner skin damaged, resulting in blistering, severe pain**
- **Third Degree:**
- **Worst of all:**
- **Skin destroyed, tissue and muscle affected**

BURNS

- If covers less than 20% of the body immerse in cold water.
- If covers more than 20% apply sterile, dry bandages.
- Heatstroke: Signs are:
- Headache, nausea, dizziness, or weakness.

Heatstroke

- Treatment:
- Reduce body temp, maintain open airway.
- Heat exhaustion: Symptoms:
- Ashen gray, skin cold, pupils dilated
- Treatment:
- Loosen clothing, do not allow them to become chilled.

FRACTURES/SPRAIN

- Fractures are generally classified as:
- Open or closed
- Symptoms: pain, swelling, discoloration
- Treatment: Don’t move them, treat for shock, apply splints if necessary.

Rescue Procedures

- Fireman’s carry:
- Tied Hands Crawl:

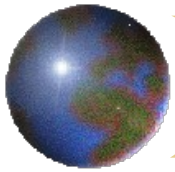
- DEMONSTRATE FOR ME

Electrical Contact

- Don’t touch the victim
- Look for the switch first, turn off current
- Use what to remove the wire from the victim:
- Dry broom, pole, oar, board
- Always stand on nonconducting material

Transporting Injured Personnel

- What is the most commonly used method?
- Stokes Stretcher
- Which one is designed to remove injured from engineering spaces:
- Neil Robertson Stretcher



PERSONAL HYGIENE

- Shower Daily
- Keep shoes and socks dry. Change daily
- Keep toes and fingernails cut
- Hair trimmed and washed
- Watch your diet
- Practice good oral hygiene

STD

- Syphilis
- Sores on your sex organs. Noticed within how many days?
- 9-90
- White glistening spots in the mouth, fever, headaches

Gonorrhea

- Symptoms appear in males in how many days?
- 3-5
- Discharge from the sex organs

HERPES

- Common viral infection.
- No known cure.
- AIDS